



Desert Sierra Health Network Meeting Minutes
May 15, 2007, 11:30 a.m. –1:30 p.m.
 Inland Empire Health Pan
 303 E. Vanderbilt Way, San Bernardino, CA 92408

Packet Handouts:

- May 15, 2007 Meeting Agenda
- January 9, 2007 Meeting Minutes
- DSHN Networking Activity
- DSHN- Draft Promo Flyer
- DSHN- Membership Application
- ~DSH Network News!~ Updates and Upcoming Events
- Healthy Food, Healthy Communities: Making It Happen in California, California Center for Public Health Advocacy and Nutrition Network for Healthy, Active Families
- Save the Date for DSHN August 21, 2007 Meeting
- Meeting & Taste Testing Evaluation Forms
- Veggie Tortilla Roll Up Recipe from Discover the Secret to Healthy Living
- *Searching for Healthy Food, The Food Landscape in California Cities and Counties*, California Center for Public Health Advocacy, Policy Brief No.5, January 2007

Sign- Up Opportunities:

- DSHN & Committees

Additional Member/Presenter/Guest Handouts:

- Save the Date DSHN 2008 Mini-Grant: Mandatory Bidder's Conference
- *Policy Statement to Reduce Obesity and Overweight*, California Department of Health Services, November 2004

Agenda Item	Discussion	Action
Welcome, Introductions	Chair, Eddie Martinez, and Vice Chair Sharon Nelson opened up the meeting. Attendees and conference call attendees were welcomed and introductions were made.	❖ See last page for list of 55 attendees including two conference call attendees from Inyo County
Ground Rules	Ground rules were displayed and reviewed. Ground Rules include: timeliness; take responsibility for your own participation and understanding; listen to others; mute cell phones; no side bars, and place name cards on table's end	❖ Ground Rules will be posted during each DSHN meeting
Review January 9, 2007 Meeting Minutes	Minutes reviewed by membership. <i>Corrections</i> added to minutes under African American 5 a Day Black History Month sponsorship by Astrid Mickens. Bill Prouty made motion to approve with noted changes. Rodney Taylor seconded the motion. All were in favor.	❖ Pam Sampson will make the corrections as noted ❖ Pam S. will send approved amended January minutes to entire DSHN membership

<p>View DSHN Channel 3 TV Promo: Interview with Eddie Martinez and Jeanne Silberstein</p>	<p>Viewed Channel 3 TV Inland Empire Alive! interview with Eddie Martinez and Jeanne Silberstein about DSHN as well as the promotion of two upcoming events, the <i>Fit and Healthy Families</i> Community Agency Sharing Forum and the <i>Black History Month Consumer Empowerment</i> Forum for Change. They also emphasized educating the community and making healthy choices the easier choice in places like school vending machines and improving safety in communities. The DSHN worksite wellness toolkit was also promoted. Opportunities for involvement in DSHN were promoted for this USDA funded program, which has been in existence for six years.</p>	<ul style="list-style-type: none"> ❖ A DVD of the 15-minute interview is available for those who want to showcase <i>the Network</i> to other organizations. To obtain a copy contact Julie Mortimore at jmortimore@dph.sbcounty.gov or 909-387-6331
<p>Networking Activity</p>	<p>Attendees divided into six groups to build DSHN relationships, share needs and resources, and explore ways to work with other DSHN organizations and DSHN committees. Business cards were exchanged.</p> <p>#1. Julie Mortimore reported resources, including many places to promote, such as health fairs, pediatrician (Dr. Lisa Ponce) for 1:1 counseling for parents/kids, Farm to Institution source for produce, and YMCA.</p> <p>#2. Monica Hague reported. The Reach & Teach Program for men was in need of health teachers, minigrants, and office space. The City of Montclair promotes physical activity for families and needs trainers. The California Medical Association has a website for a resource and provides diabetes education.</p> <p>#3. Melodee Lopez reported. There are many people who are our target audience such as seniors, worksites, Kids Come First, City of Fontana, City of Montclair, American Cancer Society, and livable communities programs.</p>	<ul style="list-style-type: none"> ❖ A copy of the Networking Activity is available in the packet for members to utilize ❖ Participating members in each group to make contact and partner and collaborate ❖ Non attending members are also welcome to contact and partner when needed

	<p>#4. Eddie Martinez and Rodney Taylor reported. Bill Prouty will take information about Heidi Strutz's program in the City of Colton to Long Beach, which is now having "Healthy Long Beach." Other resources included were from city officials, Dairy Council, and Riverside County Department of Public Health-Livable Communities Project. Florentina, RCDPH is a former art teacher and is available to use her talents at places such as Riverside Unified School District.</p> <p>#5. Gary Madden reported. Discussed resources available from Inyo County Public Health Department. Elaine Akers from San Bernardino Valley College coordinates student health services and wants information for students and teachers. She also wants volunteers to talk to students in classes and judge contents of school promotions. She works with a range of ages from freshmen to 80 years as well as diverse economics and ethnicities. Incentives are needed for health fairs. Overall, people who come to DSHN can benefit and should be encouraged to attend the meetings.</p> <p>#6. Josette Quinn reported. Discussed Riverside Community Health Foundation (Ninfa Delgado, VP) and their potential source of funds for programs. In addition, DSHN provides the opportunity to talk with those you don't normally talk with in detail.</p>	
Physical Activity	Heidi Mahlum. Led a relaxing yet challenging exercise called <i>Chi Gong</i> for upper body flexibility.	<ul style="list-style-type: none"> ❖ DSHN plans to include physical activity segments in their future meetings ❖ Members interested in leading a physical activity during one of our future DSHN meetings, contact Pam Sampson at 909-387-9144, psampson@dph.sbcounty.gov
DSHN Networking Tools	Julie Mortimore. Reviewed the DSHN web page that includes the Regional Calendar, the Nutrition and Physical Activity Directory, and printer friendly subcommittee items, such as an overview	<ul style="list-style-type: none"> ❖ DSHN website can be viewed at www.sbcounty.gov/eatwell, click the Desert Sierra Health Network icon

	<p>of the DSHN Worksite Wellness Toolkit and the Media Assistance Request Form. Julie showcased media outreach to date for DSHN, worksite wellness, and the educational initiatives, including public access TV, radio, and print. Also introduced three basic principles (ESP) to remember when delivering a one-minute (elevator speech) to promote DSHN to the public:</p> <p>E. Easier access to fruits and vegetables and opportunities for physical activity.</p> <p>S. Synergy among diverse members within the DSHN.</p> <p>P. Priority in the Inland Empire due to high obesity and chronic disease rates.</p> <p>Reviewed the draft DSHN fact sheet that provides our vision, goals, and explains the who/what/why for those who may be interested in joining the group.</p>	<ul style="list-style-type: none"> ❖ Detailed DSHN copy points will be developed, presented to steering committee and presented to membership at a later date ❖ Final fact sheet will be shared with DSHN members following modifications that include the new USDA branding guidelines
Acknowledgement to Inland Empire Health Plan	Pam Sampson thanked Dr. Sue Gengler, Inland Empire Health Plan for allowing DSHN to meet at their conference center.	<ul style="list-style-type: none"> ❖ Pam will partner again with Dr. Gengler who has offered to host the November 13th meeting in SB
Member & Guest Announcements for Future Events	<p>Jeanne Silberstein. DSHN 2008 official mini grant announcement coming soon. If you plan to apply, save the date for Tuesday, June 25 from 9:30 am to noon for the mandatory bidders' conference.</p> <p>Reverend Vines. On 6/30/07 the community garden at Anne Shirrell Park will have its grand opening and health fair. Location is at California and Baseline.</p> <p>Leticia Salazar Allen. The <i>Latino Campaign</i> will meet immediately following the DSHN meeting today.</p> <p>Astrid Mickens. The <i>African American Campaign</i> will meet immediately following the DSHN meeting.</p>	<ul style="list-style-type: none"> ❖ Pam Sampson to email 2008 Mini Grant announcement to DSHN members when received ❖ Contact Bronica Martindale, 909-387-6803, bmartindale@dph.sbcounty.gov ❖ Interested members to attend. For more information, contact Leticia at 909-387-6851, llen@dph.sbcounty.gov ❖ Interested members to attend. For more information, contact Astrid at 909-387-0173, amickens@dph.sbcounty.gov

	<p>Ninfa Delgado. The Riverside Community Health Foundation will have a meeting to focus on diabetes on 5/17/07 from 12:00 to 1:30 PM. It is a citywide project and diabetes coordinators are needed.</p> <p>Sharon Nelson. The 24 hour Relay for Life will be held at Colton High School on Saturday, 5/19/07 until Sunday 5/20/07 from 9 AM to 9 AM.</p> <p>Monica Haag. On 6/6/07 there will be a live pediatric update teleconference on the <i>Treatment in Childhood Obesity</i> from 10 AM to 2:00 PM at the Student Union Events Center at Cal State USB. Josette Quinn stated there would be a teleconference in Riverside as well.</p> <p>Jennifer Briggs. There will be a CPX3 Cancer Prevention Study for ages 30 to 65 years for those willing to commit to 20 years of participation. All people will be studied. Blood will be drawn every three to five years. Five hundred people need to be recruited. Applications are being taken on 6/23/07 in Corona.</p> <p>Jeanne Silberstein. Refer to the yellow handout in the packet entitled, <i>Healthy Food, Healthy Communities: Making It Happen in California</i> for training information to use with community members. It has strategies, assessments, and can be used at home or work.</p> <p>Pam Sampson. The next Worksite Wellness toolkit training is scheduled for 6/5/07 from 10 AM to noon in Riverside.</p>	<ul style="list-style-type: none"> ❖ Contact Ninfa Delgado at 951-788-3471, ninfa@rchf.org ❖ Contact Sharon Nelson at the American Cancer Society, 951-300-1205 or Sharon.nelson@cancer.org ❖ For San Bernardino, contact Monica Haag at 909-388-0446, mhaag@dph.sbcounty.gov ❖ For Riverside, contact Josette Quinn at 951-358-5985, jharris@co.riverside.ca.us if interested in attending the obesity teleconference ❖ To participate in the study, contact Jennifer at 619-682-7434, jen.briggs@cancer.org ❖ Members to view handout provided in packet ❖ To obtain and download a copy, visit the California Center for Public Health Advocacy at www.publichealthadvocacy.org ❖ Contact Pamela Sampson at 909-387-9144 or psampson@dph.sbcounty.gov ❖ Next meeting date is scheduled for August 21, 2007 in Riverside
Next Meeting Date & Dates for 2007, Evaluations, Wrap Up & Thank You	Attendees were asked to complete the meeting and taste testing evaluations. All were thanked and meeting was adjourned.	

Fifty-five in attendance including ***Two**
in attendance from Inyo County via conference line

Asi, Adleit .F	Riverside Unified School District
Akers, Elaine	San Bernardino Valley College
Allen, Leticia Salazar	San Bernardino County DPH/Latino Campaign
Beery, Moira	Center for Food & Justice/Urban & Environmental Policy Institute/Occidental College
Benson, DeDe	City of Fontana, Community Services Department
Briggs, Jennifer	American Cancer Society
Chene, Roger	California Diabetes Program
Cline, Betsy	San Bernardino County DPH/Nutrition-WIC
Coetzee, Dori	Dairy Council of California
Cohen, Judy	San Bernardino County DPH/Community Nursing Services
Craddick, Andrea	Riverside County DPH/Power Play Campaign
Cruz, Laura	
Delgado, Ninfa	Riverside Community Health Foundation
DeLuna, Maria	Riverside County DPH/Latino Campaign/Core
Dhason, Melani	San Bernardino County DPH/Power Play Campaign
Gavilanes, Leticia	City of Montclair
Gengler, Sue	Inland Empire Health Plan (IEHP)
Haag, Monica	San Bernardino County DPH/CHDP/CLPPP
*Halfen, Jara	Inyo County HHS/First Five
Haugh, Erin	San Bernardino County DPH/You CAN
*Hecht, Nel	Inyo County Health Dept./California Children's Services
Henry, Teslyn	San Bernardino County DPH/FAME Program
Hernandez, Karla	
Hernandez, Tamara	YMCA of Riverside City/County
Jackson, Sandra Wales	Riverside County DPH/Injury Prevention
Keirns, Sandy	San Bernardino County DPH/Nutrition
Limon, Claudia	Riverside County DPH/Latino Campaign
Lopez, Melodee	San Bernardino County DPH/Network
Madden, Gary	Inland Empire United Way
Mahlum, Heidi	SBC Human Services/Program Integrity Division
Martinez, Debbie	City of Montclair
Martinez, Eddie	DSHN Chair
Medina, Maureen	San Bernardino County DPH/Latino Campaign
Mickens, Astrid	San Bernardino County DPH/African American Campaign
Morris, Cinthia	Riverside County PHD/Be Active Program
Mortimore, Julie	San Bernardino County DPH/Network Media Advocacy
Nelson, Sharon	American Cancer Society
Ponce, Lisa	Kids Come First Community Clinic
Prendiz, Cynthia	Kids Come First Community Clinic
Prouty, William	Global Economic & Workforce Development Coalition

Quinn, Josette	Riverside County DPH/ Network
Roberts, Terry	American Lung Association of California
Sampson, Pamela	San Bernardino County DPH/Network/DSHN
Shook, Kimberly	CMA Foundation
Sierra, Malka	American Heart Association
Silberstein, Jeanne	San Bernardino County DPH/Nutrition
Smith, Horace	International Reach & Teach Institute
Strutz, Heidi	City of Colton
Taylor, Rodney	Riverside Unified School District
Vines, Reverend Stephen	Vines of Life Solutions, Inc.
Wayne, Diane	Riverside County DPH/Network
Wu, Pamela A.	Riverside County DPH/Network
Zavala, Florentina	Riverside County DPH
Unknown	Sign in was non legible

STATE REPRESENTATIVES

Jennings, Melissa	California Department of Public Health/CPNS
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